

# Gratitude Journal

With all the responsibilities, struggles, and concerns we have in a day it is easy to not always notice things we enjoy around us. This is a gratitude journal. Each day take a minute to note something that happened in your day that you were able to appreciate. Whether it is a promotion, pretty sunset, or a friendly wave from a neighbor, take a minute to appreciate and remember it with this journal!

**Note:** Remember to take a minute to describe the event and why it was special for you. Maybe it reminds you of something from childhood, or it was something you have been meaning to try. Maybe you just appreciated the beauty/kindness/etc. of what happened. Tie it in to your internal self. How did it make you feel? Did it help relieve any racing or upsetting thoughts? Would you like to experience it more often? Take some time to reflect, you would be surprised how much you really get from these simple events!

|           |  |
|-----------|--|
| Sunday    |  |
| Monday    |  |
| Tuesday   |  |
| Wednesday |  |
| Thursday  |  |
| Friday    |  |
| Saturday  |  |